**Dorchester / Talbot Meals**

**October 2021 Lunch menu include 8oz 1% Milk *(Menu subject to change)***

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| **Week 1 Monday 10/4** | **Tuesday 10/5** | **Wednesday 10/6** | **Thursday 10/7** | **Friday 10/8** | **Saturday 10/9** |
| Green Salad Plate, w/ Turkey,  Boiled Eggs, Tomato Wedge (2)  Shredded Cheese (1oz)  Beets  Potato Salad  W.W. Crackers (6)  Juice | Spaghetti & Meatballs (3) w/  Pasta Sauce  Cut Green Beans  Pineapple Tidbits  Garlic Toast  Juice | Southern Chicken & Dumpling  Steam Broccoli  Tropical Fruit Salad  W. W. Bread w/ Marg.  Juice | Mini Cold Cut Sub on Roll w/  Low Salt Ham & Turkey, Cheese  Lettuce & Tomato  Baked Potato Chips  Fresh Banana  Juice | BBQ Chicken on Bun  Pinto Beans  Vegetable Blend  Fresh Orange  Juice | Turkey Burger on Bun  Potato Wedges  Steamed Spinach  Apricots  Juice |
| **Monday 10/11** | **Tuesday 10/12** | **Wednesday 10/13** | **Thursday 10/14** | **Friday 10/15** | **Saturday 10/16** |
| Meat Loaf & Gravy  Mashed Potatoes  Spring Peas  Diced Pears  W.W. Bread w/ Marg.  Juice | Cod Fish Sandwich on Bun  Sweet Potato Fries  Wax Beans  Ambrosia Salad  Juice | Oven Fried Chicken  Red Beans & Rice  Glazed Carrots  Pineapple Chunks  W. W. Bread w/ Marg.  Juice | Tuna Salad Platter w/ Lettuce  Tomato Wedges (2)  Macaroni Salad  Fresh Orange  W.W. Crackers (6)  Juice | Country Baked Ham  Steamed Cabbage  Red Skin Boil Potatoes  Apple Sauce  W.W. Bread w/ Marg.  Juice | Vegetable Bean Soup (8oz)  Sliced Turkey & Swiss Cheese  On Bun  Raisin Box  Juice |
| **Monday 10/18** | **Tuesday 10/19** | **Wednesday 10/20** | **Thursday 10/21** | **Friday 10/22** | **Saturday 10/23** |
| Beef Hot Dog on Roll  Baked Beans  Steamed Cauliflower  Peaches  Juice | Baked Pork Chop  Macaroni & Cheese  Brussels Sprouts  Mandarin Oranges  W.W. Bread w/ Marg.  Juice | Chicken Salad w/ Lettuce on  Croissant Roll  Slice Tomatoes (3)  Fruit Cup  Juice | Chicken Cordon Bleu  Rice Pilaf  Vegetable Medley  Melon Cup  W.W. Bread w/ Marg.  Juice | Baked Tilapia Fish  Mini Baked Potatoes  Green Beans  Fruit Cocktail  W.W.Bread w/ Marg.  Juice | Breaded Veal Pattie & Gravy  Brown Rice  Sugar Snap Peas  Fresh Pear  W.W. Bread w/ Marg.  Juice |
| **Monday 10/25** | **Tuesday 10/26** | **Wednesday 10/27** | **Thursday 10/28** | **Friday 10/29** | **Saturday 10/30** |
| Hot Turkey & Gravy  Mashed Potatoes  Peas & Carrots  Fruit Cocktail  W.W. Bread w/ Marg.  Juice | Teriyaki Chicken  Steamed Rice  Mixed Vegetables  Pineapple Chunks  W.W. Bread w/ Marg.  Juice | Baked Rock Fish  Oven Roasted Potatoes  Stewed Tomatoes  Applesauce  Cornbread w/ Marg.  Juice | Caesar Salad w, Grilled Chicken  Fresh Greens (1c.)  Parmesan Cheese, Croutons  Pasta Salad  Peaches  W.W. Crackers (6)  Juice | Navy Bean Soup (8oz)  Ham & Cheese Sandwich on  W.W. Bread  Fruited Jello (¾ c.)  Juice | Ground Beef Stroganoff  w/ Egg Noodles  Spring Peas  Fresh Apple  W.W. Bread w/ Marg.  Juice |

**Entrees provide 3oz protein in the suggested amount All other portion size 4oz (½ c) servings unless otherwise indicated**